



PSRreview

COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY • ADULT AND OLDER ADULT MENTAL HEALTH SERVICES

Evidence-Based Practices and Best Practices in San Diego County

San Diego County Adult and Older Adult Mental Health (SDCAMH) is adopting and adapting a variety of evidence-based practices (EBPs) and best practices throughout its service system, as it continues to develop a fully integrated biopsychosocial rehabilitation and recovery-oriented model. The Substance Abuse and Mental Health Services Administration (SAMHSA) will soon be introducing six 'EBP Implementation Resource Kits,' and an overview follows of EBP-related services currently existing in the SDCAMH system. Note: Description of the six Resource Kit contents is taken directly from the SAMHSA website relating to EBPs, found at <http://www.samhsa.gov/centers/cmhs/cmhs.html>. An expanded version of this article is available at the San Diego Network of Care website at <http://www.sandiego.networkofcare.org/mh>

EBP #1 is Illness Management and Recovery, which emphasizes helping people to set and pursue personal goals and to implement action strategies in their everyday lives. SDCAMH offers a wide variety of illness management and recovery interventions to adult mental health consumers in San Diego County. Examples of related practices that are available to some extent within the county include but are not limited to: Cognitive-Behavioral Treatment; Dialectical Behavior Therapy; Wellness Recovery Action Planning (WRAP); Peer-to-Peer (NAMI); 'Team Solutions' curriculum; 'Roadmap to Recovery,' and Clubhouses.

EBP #2 is Medication Management Approaches in Psychiatry, which focuses on using medication in a systematic and effective way, as part of the overall treatment for severe mental illness. The ultimate goal is to ensure that medications are prescribed in a way that supports a person's recovery efforts. SDCAMH is piloting a medication management (known as the San Diego Medication Algorithm Project, or SanDMAP, adapted from the Texas Medication Algorithm Project) for persons diagnosed with schizophrenia in two county-operated clinics.

EBP #3 is Assertive Community Treatment, which helps people stay out of the hospital and to develop skills for living in the community. Assertive community treatment offers services that are customized to the individual needs of the consumer, delivered by a team of practitioners, and available 24-hours a day.

EBP #4 is Family Psychoeducation, which involves a partnership among consumers, families and supporters, and practitioners. Family psychoeducation helps consumers and their families. SDCAMH provides family psychoeducation/support services, while the county's NAMI organizations provide extensive family support and education through various initiatives, such as Family-to-Family classes.

EBP #5 is Supported Employment, which is a well-defined approach to helping people with mental illnesses find and keep competitive employment within their communities. Supported employment programs are staffed by employment specialists who have frequent meetings with treatment providers to integrate supported employment with mental health services. SDCAMH funds a cooperative program with MHS, Inc. Employment Services and the state Department of Rehabilitation, which provides job development and limited job coaching. Additional supported employment efforts have begun at some Clubhouses.

EBP #6 is Co-occurring Disorders: Integrated Dual Diagnosis Treatment. This is an approach for people who have co-occurring disorders, mental illness and a substance use. This treatment approach helps people recover by offering both mental health and substance use services at the same time and in one setting. San Diego County HHS is enacting a major systems change initiative with Adult/Older Adult Mental Health, Children's Mental Health, and Alcohol & Drug Services programs to provide integrated co-occurring disorders services.

For more information, please contact Debbie Malcarne, Psychosocial Rehabilitation Coordinator, at Deborah.Malcarne@sdcounty.ca.gov or (619) 563-2764.

Our Progress on Housing

By Tony Potter, Housing & Transportation Coordinator

A strategic plan for increasing housing for persons with psychiatric disabilities was completed in October 2001. This plan is a roadmap to the activities for the next five years at Adult/Older Adult Mental Health Services in collaboration with our stakeholders. In the intervening past two and a half years, we have reached a proud point in our housing accomplishments.

Most important is that through our collaborative partnerships over 306 units of affordable housing units for persons with psychiatric disabilities have been developed. That's more than halfway to the goal of 500 units in five years set in the 2001- Housing Strategic Plan For Model Health Services. These units include such housing programs as "Safe Communities" in Escondido, AB2034 REACH, Young Adult Supportive Housing Program (YASHI), Reese Village and Paseo Glenn to name just a few. Some of this is new construction and other is Section 8 Rental Assistance or other funding. Overall the value of the 307 units is estimated to be over \$10,344,024 over the three years!

Besides the actual creation of housing units, we've accomplished many other things. This includes, but is not limited to:

Creating RentPlus— ensures timely rent payments, back-up security deposits, fewer vacancy periods and support for the landlord. RentPlus can pay for a client's security deposit and other start up expenses that make it prohibitive for a client to establish housing.

Providing a Housing Locator— The housing locator develops relationships with landlords throughout the County of San Diego, assists SHIA grant clients with Section 8 Rental Assistance applications, location of available housing, provides tenant education and financial management.

Advocating for More Housing—We participate and advocate at the Regional Continuum of Care Planning Group and other advocacy groups and we collaborate with housing agencies to ensure that they include rental assistance to persons with psychiatric disabilities. We advocate for other funds that can pay for housing such as HOME Funds, Proposition 46 Funds or other Federal and/or State programs.

Planning— We provide input to cities', towns' and housing authorities' on housing plans. This helps ensure that our client's housing needs are met.

Educating—We have held a conference on housing for case managers and the community, and provided several other seminars for clients on such topics as Section 8, locating Housing'. Also all of the six housing authorities in the County of San Diego have attended providing on-site help to clients concerning rental assistance and housing.



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